

# Aerobic Winter Newsletter

Volume 24 Issue 2 ~ January, 2005

**Hello Everyone!**

Happy New Year! Here's hoping 2006 is full of fun and fantastic health for you! Last month we had 65 folks from 17 different workplaces win prizes. This month, we've got another 63 winners – check the AWC website at <http://www.co.coconino.az.us/awc/> to see the lists.

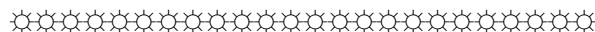


**Thank you** to the following businesses that donated prizes given out this month and last:

- Bookman's Used Books
- Campus Coffee Bean
- Curves for Women
- Danzan Ryu Jujitsu and Massage
- Dara Thai Restaurant
- Flagstaff Athletic Center
- Flagstaff Floral
- Flagstaff Nordic Center
- Harkins Theaters
- Humphrey Summit Ski Rental
- Lowell Observatory
- Movies at the Mall
- Museum of Northern Arizona
- New Jersey Pizza Company
- Wal-Mart



**Tara, Vanessa, Nancy, & Pam**



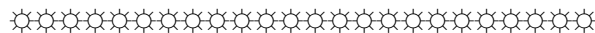
## Quiz Time!

What are examples of lifestyle physical activities?

Mark true or false:

- T/F 1. Going up the stairs instead of taking the elevator
- T/F 2. Mowing the lawn
- T/F 3. Moving furniture
- T/F 4. Sweeping the floor
- T/F 5. Chopping wood

If you answered true to all of them, then you are correct! So the next time you find yourself doing one of these activities smile, and be happy for being active.



## Hankering for a T-shirt?

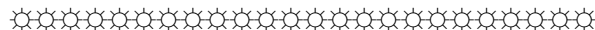
Feeling jealous of those snazzy-shirted teammates of yours? We have a few left over! More shirts may become available, so try us!

**AEROBIC WINTER CHALLENGE 2005-2006**



**LIVE BIG, TRY HARD, HAVE FUN!**

Short	Long
Sleeved	Sleeved
\$11	\$14
S 2	0
M 1	1
L 2	3
XL 1	2
XXL 0	2

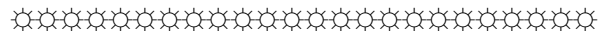


**Correction:** Oops! Thanks for the heads up from an alert reader of last month's newsletter. We got heavy-handed with the zeros, so the correct calculations are: Basal metabolic rate: (your wt in lbs) x (10) = calories needed / 24 hours. Daily metabolic rate: (your wt in lbs) x (13) = calories needed / 24 hours

## WELL ARIZONA in Flagstaff and Page

### Walk Everyday Live Longer

This is a self-paced program for adults who want to increase their daily physical activity. WELL AZ is a free 6-week physical activity and nutrition education program that provides help via group support, motivation, goal-setting, healthy eating tips and demos, and the use of a pedometer for instant feedback. Meeting dates to be announced. Flagstaff group meets at the NAU Skydome 6-7:00 pm on Wednesday nights. Contact: Tara Gene at 522-7883 or [tgene@coconino.az.gov](mailto:tgene@coconino.az.gov) Please contact Nancy white at [nwhite@coconino.az.gov](mailto:nwhite@coconino.az.gov) or 608-6801 x12 if you are interested in the Page group.



## Recipe of the Month

### Baked Honey Mustard Chicken

#### INGREDIENTS:

- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard
- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

#### DIRECTIONS:

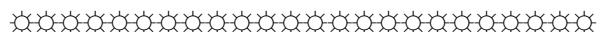
1. Preheat oven to 350 degrees F (175 degrees C).

2. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

3. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Yields 6 servings

Nutrients per serving: Calories: 530 (80 from fat)  
 Fat: 9 grams 14% daily value  
     Saturated Fat: 1 gram 6%  
 Cholesterol: 0 mg 0%  
 Sodium: 690 mg 29%  
 Total Carbohydrate: 99 grams 33%  
     Dietary Fiber: 14 grams 57%  
     Sugars: 14 grams  
 Protein: 16 grams  
 Vitamin A: 470%  
 Vitamin C: 210%  
 Calcium: 10%  
 Iron: 15%

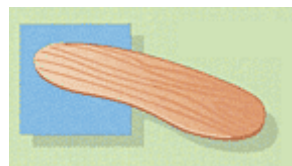


## Shoe Basics

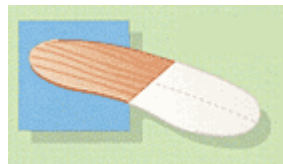
This is the second in a series of articles about how to choose the right shoe for your foot. Last month's article helped you to determine what type of foot you have. This month you'll learn how to match your foot type with the support it needs from a shoe.

### The Last Shall Be First And The First Shall Be Last:

The last of your shoe is the method by which the shoe is made and affects the support the shoe offers your foot. In order of decreasing support, there are board lasted, combination lasted, strobel lasted, and slip lasted shoes. By looking under the sock liner, you can see what type of construction the shoe has. Do not confuse this with a sock liner which is glued to the shoe. The sock liner is slightly cushioned fabric. The cardboard liner is smooth and hard. Consider not buying a pair of running shoes if the sock liner is glued down and you can't see what type of last the shoe has.



Board lasted shoes do not show any stitching, as the entire footbed is covered by the cardboard liner, which gives extra rigidity and support to the shoe. These types of shoes are best suited for overpronators (people with low arches).



Combination lasting has stitching visible in the toe box of the shoe. The stitching is covered in the heel section of the shoe by a piece of specialized cardboard. This offers stability to the heel of your foot.



Strobel lasting has stitching in an oval an inch or so in from the edge of the shoe.



Slip lasted shoes have a line of stitching down the middle. These cushioned shoes are the most flexible and lightest weight. These types of shoes are best for underpronators (people with high arches).

(from the New Balance website at [http://www.newbalancetoronto.ca/last\\_construction.htm](http://www.newbalancetoronto.ca/last_construction.htm) )

The silhouette of the shoe also shows how much support the shoe has. A curved silhouette is best for overpronators and a straight silhouette is best for underpronators or heavier people.

## Running Shoe Categories:

Motion Control: These shoes are the most rigid and are therefore best for overpronators or heavier-weight runners. They tend to have board-lasted construction and a straight silhouette. They tend to be the most expensive. But on the upside, they also last the longest.

Stability: these are the Goldilocks shoes – in between too hard and too soft. They will commonly have combination lasting. If you have a neutral foot, this is a good choice.

Cushioned: These are the softest shoes, with slip lasting, a curved silhouette, and display a low-support mid-sole in the twist test. These are best for the underpronators. They are the least expensive, but will break down the quickest.

Lightweight: These are racing flats and do not offer much support or cushioning. They are not recommended for everyday use.

Next month, find out 5 in-store shoe tests.

